

SEVEN 30 SOUTH

GRILL

TONIGHT'S SPECIALS BY CHEF KIRK BLISS
OCTOBER 8, 2004

10 OZ RIB - EYE

GRILLED, 10OZ, CERTIFIED ANGUS RIB-EYE TOPPED WITH MAYTAG BLEU CHEESE CRUMBLES AND ONION RINGS; SERVED OVER MASHED POTATOES WITH GRILLED ASPARAGUS \$18.50

SESAME SALMON

SESAME ENCRUSTED FILLET OF SALMON TOPPED WITH A SWEET SHALLOT SOY GLAZE AND SERVED WITH A JADE RICE BLEND AND LEMON SCENTED BABY SPINACH \$15.50

SIRLOIN À LA OSCAR

GRILLED, 8OZ, CENTER CUT, TOP SIRLOIN CROWNED WITH FRESH CRAB MEAT AND BÉARNAISE; SERVED ON A BED OF MASHED POTATOES WITH GRILLED ASPARAGUS \$18.00

STUFFED PORKLOIN

OVEN ROASTED PORKLOIN WITH A CHORIZO STUFFING SAUCED WITH AN ANCHO CHILI GRAVY; SERVED OVER MASHED POTATOES WITH BABY VEGETABLES \$14.50

BLACKENED MAHI MAHI

BLACKENED FILLET OF MAHI ACCENTED WITH A ROAST CORN AND BLACK BEAN SALSA; SERVED WITH CILANTRO RICE AND STEAMED BABY VEGETABLES \$17.50

CLAM LINGUINI

SAUTÉED WHOLE MANILA CLAMS & SWEET BABY SHUCKED CLAMS TOSSED WITH FRESH HERBS AND LINGUINI PASTA IN A WHITE WINE & GARLIC SAUCE TOPPED WITH GRATED PARMESAN \$13.50

SPECIAL DESSERT: AREQUIPE CHEESECAKE

SET ON A GINGERSNAP AND TOASTED PECAN CRUST, THE FILLING IS SWIRLED WITH AREQUIPE, A RICH LATIN AMERICAN CARAMEL THAT IS A HEAVENLY COMBINATION WITH CHEESECAKE! \$5.50

TONIGHT'S WINE FEATURE

PASCUAL TOSO 2002 MALBEC
GLASS \$6.50 BOTTLE \$24.00

10 OZ RIB - EYE

GRILLED, 10OZ, CERTIFIED ANGUS RIB-EYE TOPPED WITH MAYTAG BLEU CHEESE CRUMBLES AND ONION RINGS; SERVED OVER MASHED POTATOES WITH GRILLED ASPARAGUS \$18.50

SESAME SALMON

SESAME ENCRUSTED FILLET OF SALMON TOPPED WITH A SWEET SHALLOT SOY GLAZE AND SERVED WITH A JADE RICE BLEND AND LEMON SCENTED BABY SPINACH \$15.50

SIRLOIN À LA OSCAR

GRILLED, 8OZ, CENTER CUT, TOP SIRLOIN CROWNED WITH FRESH CRAB MEAT AND BÉARNAISE; SERVED ON A BED OF MASHED POTATOES WITH GRILLED ASPARAGUS \$18.00

STUFFED PORKLOIN

OVEN ROASTED PORKLOIN WITH A CHORIZO STUFFING SAUCED WITH AN ANCHO CHILI GRAVY; SERVED OVER MASHED POTATOES WITH BABY VEGETABLES \$14.50

BLACKENED MAHI MAHI

BLACKENED FILLET OF MAHI ACCENTED WITH A ROAST CORN AND BLACK BEAN SALSA; SERVED WITH CILANTRO RICE AND STEAMED BABY VEGETABLES \$17.50

CLAM LINGUINI

SAUTÉED WHOLE MANILA CLAMS & SWEET BABY SHUCKED CLAMS TOSSED WITH FRESH HERBS AND LINGUINI PASTA IN A WHITE WINE & GARLIC SAUCE TOPPED WITH GRATED PARMESAN \$13.50

SPECIAL DESSERT: AREQUIPE CHEESECAKE

SET ON A GINGERSNAP AND TOASTED PECAN CRUST, THE FILLING IS SWIRLED WITH AREQUIPE, A RICH LATIN AMERICAN CARAMEL THAT IS A HEAVENLY COMBINATION WITH CHEESECAKE! \$5.50

TONIGHT'S WINE FEATURE

PASCUAL TOSO 2002 MALBEC

GLASS \$6.50

BOTTLE \$24.00

ONE OF THE OLDEST AND MOST PRESTIGIOUS OF ARGENTINA'S WINE MAKERS, PASCUAL TOSO HAS BEEN PRODUCING EXCEPTIONAL WINES SINCE 1890. THIS MALBEC FROM THE MAIPU AREA BURSTS FORTH WITH HINTS OF BLACKBERRY, VIOLET & COFFEE FINISHING LONG & STRONG WITH SLIGHTLY SMOKY ACCENTS AND A TOUCH OF VANILLA.

358

SEVEN 30 SOUTH

AN AMERICAN BAR AND GRILL

Take

Lunch

Home

Phone 303-744-1888

Fax 303-744-8753

730 S. University Blvd.

Serving Lunch at 11:00
&

Dinner at 4:00

Appetizers

ARTICHOKE DIP

with ciabatta toast points 7.95

STUFFED BRIE

served with warm apple-cranberry chutney 6.95

CRISPY CALAMARI STRIPS

voted best in Denver! with roasted garlic aioli & spicy marinara for dipping 8.95

CHICKEN FINGERS

with barbecue dipping sauce 6.95

SEVEN 30 NACHOS

three cheeses, black beans, pico de gallo, fresh guacamole, sour cream over tortilla chips 6.95 **with chicken 8.50**

ONION SOUP

Cup 3.50 Bowl 4.95

TOMATO BASIL SOUP

Cup 2.95 Bowl 4.50

SOUP OF THE DAY

Cup 2.95 Bowl 4.50

LOBSTER BISQUE

Cup 3.95 Bowl 5.50

Salads

SEVEN 30 SALAD

mixed greens, tomatoes, cucumber, homemade croutons & mustard vinaigrette 3.95

WEDGE

maytag bleu cheese over iceberg lettuce with a light garlic vinaigrette 4.95

CLASSIC CAESAR SALAD

crisp romaine, parmesan & fresh croutons in our homemade tangy Caesar dressing 5.95

WITH GRILLED CHICKEN 8.50

HALF CAESAR 3.95

PORTABELLA MUSHROOM SALAD

on field greens with roasted red pepper, fresh mozzarella & balsamic dressing 7.95

COBB SALAD

Grilled chicken breast served on a bed of mixed greens with cucumbers, tomatoes, corn, bacon, blue cheese crumbles and a hard boiled egg tossed with a mustard vinaigrette 8.95

BABY SPINACH SALAD

with toasted walnuts, bacon, crumbled goat cheese, crisp apples & maple dressing 7.75

BONNIE BRAE CHICKEN SALAD

with walnuts & herbs served over greens with cucumbers & tomatoes with a mustard vinaigrette 7.95

ORIENTAL SPICED SALMON SALAD

grilled salmon with baby greens, red pepper, mandarin oranges, rice noodles, crispy wontons & citrus-soy dressing 10.50

SOUTHWESTERN CHICKEN SALAD

grilled chicken breast over field greens with roasted corn, callions, black beans, cilantro-lime dressing, chipotle sour cream & red corn tortillas 8.95

MEDITERRANEAN SALAD

fresh tomatoes, kalamata olives, red onion, cucumber, feta cheese, artichoke hearts & mixed greens tossed in a red wine vinaigrette 6.95

YELLOWFIN TUNA SALAD

black sesame encrusted 6 oz. tuna on a bed of mixed greens with cucumber, tomato, rice noodles, and goat cheese tossed with a honey wasabi vinaigrette 11.50

Seven 30 Specialties

VEAL TENDERLOIN STROGANOFF

tenderloin tips classically prepared with mushrooms, onions and sour cream tossed with egg noodles 10.50

MON'S RIGATONI

sauced with Italian sausage, sweet peas & tomato basil cream sauce 9.50

SHRIMP & PENNE PASTA

sautéed shrimp with artichoke hearts, tomatoes, basil & roasted garlic 10.95

WITHOUT SHRIMP 7.95

FISH & CHIPS

beer battered cod served with french fries & coleslaw 8.95

SHRIMP & LOBSTER ENCHILADA

two enchiladas with guacamole, cilantro rice, black beans, & chipotle sauce 9.95

MARGARITA PIZZA

hand tossed pizza dough brushed with an Alfredo sauce & topped with fresh mozzarella, tomato slices and basil; served with side Caesar salad 9.95

CHICKEN QUESADILLA

with pico de gallo & avocado sour cream 7.25

VEGETARIAN QUICHE

our own spinach, mushroom & four cheese quiche served with side salad 7.50

Sandwiches

sandwiches come with fries, cottage cheese or seven 30 salad

CHICKEN CORDON BLEU SANDWICH

grilled chicken breast, brie cheese, smoked ham, fresh spinach & pesto mayo served on a baguette 8.50

HALF POUND HAMBURGER

on a seeded kaiser roll 7.75

add bacon/ cheese/ grilled onions or sautéed mushrooms .50

SCOTT'S TRIPLE DECKER CLUB SANDWICH

Smoked turkey, ham, bacon, lettuce, tomato, cheddar and Swiss cheese on three pieces of toasted Vienna bread 8.95

RANCHERS STEAK SANDWICH

8 oz. Choice steak grilled to order served with caramelized onions and sautéed mushrooms on a ciabatta roll with a side of horseradish sour cream 11.95

BUFFALO RUEBEN

Shaved corned buffalo with sauerkraut, melted Swiss, and Thousand Island dressing on toasted rye bread 8.50

SPICY PORK TENDERLOIN SANDWICH

Caribbean jerk pork with mango, red onion, Monterey jack cheese, & chipotle sour cream on a baguette 8.50

CHICKEN SALAD SANDWICH

with walnuts & herbs on a baguette with lettuce & tomato 7.95

TURKEY PESTO SANDWICH

with Monterey jack cheese, bacon, lettuce, tomato & pesto mayo served on baguette 8.50

CLASSIC TURKEY OR HAM SANDWICH

Your choice of turkey or ham with Swiss cheese, lettuce, tomato & mayo on Vienna bread 7.50

PORTABELLA MUSHROOM SANDWICH

with grilled onions, baby greens, roasted red peppers, Monterey jack & roasted garlic mayo on a seeded kaiser roll 7.95

JOIN US FOR WEEKEND BRUNCH

Saturday 10:00 – 3:00

Sunday 9:00-3:00

We serve the above menu along with:

STEAK AND EGGS	11.50
EGGS BENEDICT	9.50
EGGS SEVEN 30 (BENEDICT WITH A CRAB CAKE)	9.95
VEGETARIAN BENEDICT	9.50
EGG FRITTATA	7.95
EGGS SANTA FE	7.50
GRAND MARNIER FRENCH TOAST	7.50
TWO EGGS SCRAMBLED WITH FRUIT & POTATOES	6.25
BELGIAN WAFFLES	6.25
BREAKFAST BURRITO	8.95
QUICHE	7.50
OMELETS	7.95

TAKE ADVANTAGE OF

HAPPY HOUR

AT
SEVEN 30 SOUTH

MONDAY THROUGH FRIDAY
4:00 — 5:30



\$2.00 Draft Beer

\$4.00 Call Cocktails

\$2.00 House Chardonnay or
Merlot

Happy Hour Menu

Crispy Calamari

Artichoke Dip

1/2 lb. Hamburger

Chicken Quesadilla

Crab Cakes

Chicken Fingers

Seven 30 Nachos

Vegetarian Pot Stickers

■ ■ ■ ■ ■ ■ ■
S E V E N 30 S O U T H
G R I L L
■ ■ ■ ■ ■ ■ ■

■ ■ ■
T a k e
D i n n e r
T o
G o
■ ■ ■

Phone 303-744-1888
Fax 303-744-8753
730 S. University Blvd.
Serving Lunch at 11:00
&
Dinner at 4:00

APPETIZERS

Artichoke Dip

with ciabatta toast points 7.95

Vegetarian Potstickers

crispy potstickers with a shallot soy dipping sauce 6.50

Stuffed Brie

firm brie stuffed with an apple-cranberry chutney m 6.95

P. E. I. Mussels

full pound of sautéed mussel with your choice of a white wine garlic sauce or
homemade marinara sauce 8.00

Crispy Calamari Strips

and best in Denver! with roasted garlic aioli & marinara dipping sauces 8.95

Blue Crab Cakes

with a mango- barbecue sauce 8.95

Wild Mushroom Strudel

phyllo dough stuffed with wild mushrooms, roasted red peppers,
and cheese & parmesan; with a rosemary aioli 7.50

Smoked Chicken Taquitos

mini taquitos with a smoked chicken and cheese filling topped with fresh
acamole 7.25

SOUPS

French Onion

Cup 3.50 Bowl 4.95

Tomato Basil

Cup 2.95 Bowl 4.50

Today's Soup

Cup 2.95 Bowl 4.50

SALADS

Seven 30 Salad

mixed greens, tomatoes, cucumbers, & croutons with a mustard vinaigrette 3.95

Wedge

berg lettuce topped with maytag blue cheese, fresh tomatoes, basil
and a light garlic vinaigrette 5.25

Classic Caesar Salad

crisp romaine, fresh croutons, parmesan cheese & a tangy dressing 6.50

With Grilled Chicken

8.50

Half Caesar Salad

3.95

Baby Spinach Salad

roasted walnuts, imported goat cheese, bacon, apples,
dressed with a maple dressing 7.75

Marinated Portabella Mushroom Salad

grilled portabella on a bed of fresh field greens with roasted red peppers,
fresh mozzarella, tomatoes with a balsamic dressing 7.95

Cobb Salad

grilled chicken breast served on a bed of mixed greens with cucumbers,
tomatoes, corn, bacon, blue cheese crumbles and a hard boiled egg tossed with a
mustard vinaigrette 8.95

Southwestern Chicken Salad

grilled chicken breast over field greens with roasted corn, scallions, black
beans, cilantro- lime dressing, chipotle sour cream & red corn tortillas 8.95

Oriental Spiced Salmon Salad

grilled salmon with baby greens, red peppers, tomatoes, mandarin oranges,
rice noodles, crispy wontons & citrus-soy dressing 10.95

Mediterranean Salad

fresh tomatoes, kalamata olives, cucumber, red onion, feta cheese, artichoke
jars & mixed greens with a red wine vinaigrette 7.50

PASTA

Ron's Rigatoni

Sautéed Italian sausage with sweet peas, fresh garlic, basil; tossed with a tomato cream sauce 11.50

Shrimp & Penne Pasta

Sautéed tiger shrimp with artichoke hearts, tomatoes, basil & a roasted garlic white wine sauce 13.95

prepared without shrimp 8.95

Potato Gnocchi Alla Carbonara

Classically prepared; potato gnocchi tossed with caramelized onions, bacon, green peas and a parmesan cream sauce 12.95

Smoked Chicken Fettuccini

Smoked chicken sautéed with spinach, mushrooms and tomatoes tossed in a roast garlic cream sauce over a bed of spinach fettuccini 12.50

SEVEN 30 SPECIALTIES

Pan Roasted Chicken

A 14 oz chicken served with herb roasted potatoes & lemon scented spinach. Please allow 20 minutes to prepare 13.95

Veal Schnitzel

Two 4oz tender cutlets of veal, lightly breaded & pan fried served with a lemon-caper sauce, on a bed of linguini & mixed vegetables 15.75

Chicken Pot Pie

Poached chicken with fresh vegetables & puff pastry served with seven 30 salad 10.50

Tuscan Beef Stew

Braised beef with butternut squash & mix vegetables served with basil mashed potatoes 11.50

Sautéed Veal Scaloppini

Two sautéed veal cutlets with wild mushrooms & artichoke hearts in a marsala wine sauce with baby vegetables & mashed potatoes 15.95

Chicken Saltimbucca

Sautéed chicken breast with smoked ham and melted Swiss cheese; topped with artichoke hearts, capers, and a lemon butter sauce. Served on linguini with a medley of vegetables 13.95

Eggplant Parmesan

Breaded eggplant layered with homemade marinara and fresh mozzarella served over linguini 12.50

Shrimp & Lobster Enchiladas

Three enchiladas with chipotle sauce, melted cheeses, guacamole, cilantro rice & black beans 13.75

Margarita Pizza

Hand tossed pizza dough, brushed with an Alfredo sauce & topped with fresh mozzarella, tomato slices and fresh basil, served with a Caesar salad 9.95

Pork Medallions

Three center cut pork medallions sautéed and topped with a fresh granny smith apple brandy sauce accompanied with mashed potatoes and baby vegetables 14.95

Beef Tenderloin Stroganoff

Tenderloin tips classically prepared with mushrooms, onions and sour cream tossed with egg noodles 15.50

FROM THE GRILL

Apricot BBQ Ribs

Slow roasted hickory pork ribs brushed with homemade BBQ sauce with mashed potatoes and cole slaw. Half Rack 11.95 Full Rack 15.95

Marinated London Broil

Dijon marinated London broil topped with a mushroom Burgundy wine reduction served on a bed of mashed potatoes with grilled asparagus 15.50

Filet Mignon

Grilled 8 oz. tenderloin with a wild mushroom red wine sauce, baby spinach & mashed potatoes 22.95

Pistachio Encrusted Pork Tenderloin

With a Jack Daniel's marinate, mango sauce, parmesan potato cake and baby vegetables 14.95

Flat Iron Steak

Little known but one of the most tender cuts of beef topped with caramelized onions; served with baked potato and baby vegetables 15.95

FROM THE SEA

Grilled Atlantic Salmon

Red corn tortillas with cilantro rice, salmon fillet, shrimp ceviche & an avocado sour cream 14.95

Rainbow Trout

Cormeal encrusted fillet of Idaho trout over mixed greens and a parmesan potato cake all topped with a fresh raspberry vinaigrette 14.00

Coconut Shrimp

Served with cilantro rice and mixed vegetables in a mango-orange sauce 15.50

Seven 30 Crab Cake Dinner

Three crab cakes with a mango- barbecue sauce, French fries & coleslaw 14.95

Fish & Chips

Three filets of cod with a homemade beer batter & served with French fries & coleslaw 9.95

SANDWICHES

served with fries, cottage cheese or seven 30 salad

Half Pound Hamburger

On a seeded Kaiser bun 7.75
add bacon / cheese / avocado or sautéed mushrooms .50

Chicken Cordon Bleu Sandwich

Grilled chicken breast, brie cheese, ham, fresh spinach & pesto mayo on a ciabatta roll 8.50

Portabella Mushroom Sandwich

With caramelized onions, roasted peppers, baby greens, melted Monterey jack cheese & roasted garlic mayo on a seeded Kaiser bun 7.95

CHEF KIRK BLISS

358 Take Advantage of

HAPPY HOUR

AT

SEVEN 30 SOUTH
GRILL

Monday Through Friday
4:00 – 5:30

\$2.00 DRAFT BEER
\$4.00 CALL COCKTAILS
\$2.00 HOUSE
CHARDONNAY
OR
MERLOT

HAPPY HOUR MENU

CRISPY CALAMARI
ARTICHOKE DIP
½ LB. HAMBURGER
CHICKEN QUESADILLA
CRAB CAKES
CHICKEN FINGERS
SEVEN 30 NACHOS
VEGETARIAN POT STICKERS